



The Scoop

News letter for the Friends of First Run



Does This Make Sense? The average puppy is inoculated with 19 vaccines during its first 4 months, then 6 more every year for life.

Simple Chronic Vaccinosis

Are the vaccines we are giving our pets doing more harm than good?

by Joy Parisi and Garrett Rosso

You got the postcard in the mail. It's time for the annual visit to the vet. A hop on the scale, a routine exam and a few shots to protect your loved one from distemper, parvo and other hideous diseases listed on the card.

But how do you know your dog is not already protected from those diseases? And how do you know that if your dog does come down with one, it can't be cured?

You don't. Welcome to the vaccination controversy, or what many health care providers are calling "vaccinosis" – chronic disease from the over-vaccination of our pets.

Because there is a current upheaval in the scientific community determining the single best protocol for vaccination or revaccination (if at all), veterinarians, trainers and ethical breeders widely disagree on how much

vaccination is too much. When it comes down to it, the decision of when and how often to vaccinate your pet is your own. So how do you decide?

Many holistic practitioners have thrown vaccines out the window altogether or prefer to run a simple test called a "titer" to see how much immunity your pet already has. Chances are that if your pet received vaccinations as a puppy -- along with a booster shot at one year -- they have enough immunity for life. Holistic providers believe that over-vaccination has severe side effects and have credible evidence relating the excessive use of vaccines to devastating illnesses including cancers, immune disorders, allergies, irritable bowel and epilepsy to name just a few.

It would be nice to report that traditional veterinarians feel safest sticking to existing AVMA protocols however a recent edition of *Senior Dog Project* newsletter widely reported that "all 27 veterinary schools in North America are in the process of changing their protocols." The issue was highlighted nationally in a 2002 *Wall Street Journal* article that cites studies at several leading veterinary universities suggesting that "protection from vaccines may last a lifetime" without the need for annual boosters.

Current AVMA standards call for veterinarians to administer three rounds of "puppy shots" for the core diseases followed by annual booster vaccinations. "Evidence is building" states the *Journal*, "that annual vaccination for dogs and cats – performed for diseases such as rabies, distemper, parvovirus – may not be necessary and could even be harmful."

The AVMA is nearing completion on an official study (now in its sixth year). A New York City veterinarian who is working on the study reports to **THE SCOOP** that preliminary evidence "is showing that re-vaccination (or boosters) given to our pets annually are actually LOWERING their immunity." (continued)

Summer 2004

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Simple Chronic Vaccinosis

(Continued from Front Page) Although a new protocol has yet been committed to paper, pet owners should be advised that revisions will likely include:

- An initial series of three vaccinations called puppyshots for only the core diseases (parvo, distemper, parainfluenza and adenovirus-2) **given no sooner than 8 weeks and continued at 4 week intervals**

- **A single booster vaccination for the above viruses that will provide lifetime immunity** (Given optimally at 1 year, 4 months)

The study in question does not include the rabies vaccine which is mandated by state law. Individual states differ in their requirements between every 1 to 3 years. Currently New York State is considering a revision from every 3 to every 5 years. However, data is also being accumulated which suggests a single administration of rabies vaccine after six months of age will provide a lifetime of immunity.

The reason we may not be hearing about the adverse side effects of over-vaccination is because it is not a federal or state mandate for vets to report harmful side effects of canine vaccination, as it is with human vaccines. Without mandated reporting, we simply don't know what harm we may be doing.

The tradition to vaccinate annually began in the late 1950's when animal vaccines were first introduced. Although immunological science has made leaps and bounds over the last half century, veterinary protocols have not. In fact, the idea to vaccinate annually was not solely initiated to ensure the welfare of your pet but to support public policy seeking to eradicate rabies and promote the benefits of yearly visits to the veterinarian.

Ronald D. Schultz, Pathobiological Sciences Chair at the University of Wisconsin has been a pioneer in the study of the effective duration of canine vaccines. "Almost without exception," he states, "there is no immunologic requirement for annual revaccination." He believes that "the practice of annual vaccination . . . should be considered of questionable efficacy."

Christie Keith, is a champion breeder of deerhounds and editor for *PetHobbyist.com*. She has been a leader in bringing the vaccination debate to public awareness. In dozens of articles published on her kennel's website, she questions vaccination protocols as well as provides reasonable alternatives. Keith wishes that veterinarians were able to provide sound answers to these questions, however, she stresses that "unless a veterinarian has a special interest in immunology, he or she probably will not have all the information needed to give you an informed response."

As a result, pet owners and veterinarians continue to vaccinate out of fear. But consider

this next time you receive your pet's annual vaccination postcard in the mail. You may be administering a vaccine with more long term side-effects than the risk of your pet ever developing one of the core diseases. Furthermore, evidence suggests that repeated vaccinations are not only unnecessary but will lower your pet's immunity and contribute to shortening their life.

Ultimately, no matter what your veterinarian suggests, or what you read as you research this issue, the decision to vaccinate is yours to make. Also keep in mind that you will not be the only one struggling with this decision: traditional veterinary protocols for vaccinations are likely to be radically revised in the very near future.

Related reading:

- Positive Perspectives** (*Thoughts on shots: New vaccination protocols*) by Pat Miller, President APDT
- What Vets Don't Tell You About Vaccines**, by Catherine Driscoll
- Modified Vaccination Protocol, 2003** by W. Jean Dodd D.V.M. <http://www.doglogic.com/vaccination.htm>
- Re-Vaccination for Previously Vaccinated Dogs** by Christie Keith <http://www.caberfeidh.com/Revax.htm>
- The Nature of Animal Healing** by Martin Goldstein D.V.M



What all the dogs are barking about

By Joy Parisi (MR. PRESIDENT)

Have you noticed the leash unexplainably pulling southeast when leaving the run? A suggestive tug passing Sixth Street? Your dog is probably tracking down the delectable scent of Scout, the East Village's newest dog boutique and pawtisserie.

Scout is owned and operated by Karen Ngo (Martini and Emma), a lower east side resident and frequenter of First Run since 2002. THE SCOOP interviewed Karen to find how you open one of those cool city boutiques and make it all about your dog.

Karen said that she was looking to start a business that would allow her to spend the day with her two best friends, Martini and Emma. After a lot of market research and finding the space, she opened the store in only four weeks, a timeframe she admits may not be a typical of most businesses.

How did she do it? Her experience as a buyer in fashion, the help of many friends and a lot of long, hard hours did the trick. Space planning, she said, was the most difficult part: ordering inventory, building out the space and finding a place for so many small products all at once. But everything did find a home, and a very charming one at that.

White wainscoted walls, glass cookie jars brimming with frosted dog cookies and a chandelier adorned with pink roses. You feel



Mr. President

The Perfect Running Mate

By Joy Parisi (MR. PRESIDENT)

If you're like me, you've always dreamt of your ideal running companion. Someone who's always motivated (because you're mostly not). Someone who says little and moves with boundless energy (because you can barely breathe and are usually a footfall away from quitting). Someone who appreciates a large meal as a payoff for hard work. Who could that someone be? It could be your dog. (It could be your couch.)

But before you take your best buddy out for a test run, make sure they are a suitable partner:

- **Do you go to the small or extra-large dog run?** If your dog is very small, they might be better suited for modeling positions on the couch rather than running. Dogs that are good running partners weigh 50 to 70 pounds and have medium builds. Distance runs can be too strenuous for small or extra large breeds.

- **Does your dog snort or snore often?** If yes, your dog's nose is probably cute and scrunchy, but too short to properly cool them off on long runs. Dogs with longer snouts have an easier time staying cool.

- **Does your dog have long, thick, dark hair?** Although all the rage on runways and street corners, dogs with thick or dark hair are more sensitive to the heat. It doesn't mean you can't run with them but you need to be extra careful to carry water and allow them time to cool off.

- **Is your dog house-trained?** If your dog is a puppy, they're not old enough to be your rollerblading partner. Give them time to develop into an adult and check with your vet before hitting the streets.

And if you do go out running with your dog:

- **Start slow.** A 1/2 mile is a lot for your dog. Or if you're my dog, a 1/4 of a 1/4 mile is a lot without a treat in front of his nose. Give your dog at least one day off between runs and increase no more than 10% each run.

- **Watch for signs of fatigue.** Your dog is eager

to please you (or in my dog's case, eager to get the treat in my pocket) and will do anything to keep up with you, even if over-tired. It's up to you to stop if your dog slows down, staggers or looks uncomfortable in any way.

- **Be very sensitive to heat.** You may feel fine, but you're not the one wearing a fur coat (at least I don't think you are). Carry extra water for your dog and if you're running on pavement, make sure it's not too hot. A dog cools off from their mouth as well as the pads on their feet. Hot pavement can lead to quick heat stroke.

- **Check the pads on your dog's paws before and after every run.** Your dog's not running in the latest Nikes. Paw pads are susceptible to damage.

- **Avoid high traffic areas.** Your dog's nose is the same level as the exhaust of a car or bus, and it's hard enough to eke out some oxygen in this city as it is.

- **Train your dog to obey.** Hold the leash tightly. Your dog should know and respect a heel command before you take them out on a run -- unless you're not planning on enjoying your run.

These are just some basic, common sense suggestions. Plus, it's always best to get clearance from your vet before you and your dog take off down Avenue D in search of your latest runner's high.



like you've walked back in time or 100 miles upstate. You're greeted with smells of cedar and stuffed toys (fish and liver chews are in the back), bins of chew toys, stacks of brightly patterned clothing (dog and human), beds, books, and bowls. And it's healthy to boot. Scout sells only human-grade food that's Martini- and Emma-approved.

Not only does the store herald back a hundred years, being a business owner in the East Village gives Karen the same old neighborhood feeling. "I lived here a long time without knowing anyone," she said. "And then I met people at the run, but didn't know many small dog owners." Now that she owns the store, Karen gets to meet dogs and owners of all sizes. She also gets to throw great parties.

Most recently, she hosted a Chihuahua

Debutante Pool Party, a neighborhood bash with 40 Chihuahuas in attendance. None of the dogs made much use of the baby pool (set up by the Martha Stewart-esque cabana), but the Chihuahua-shaped cake was a big hit.

"Dog parties make it easy to connect to people, break the ice," Karen says. Which is something that we've all found in the run while our dogs are mingling, sniffing, humping and eating sticks. Party hosting and event planing is something that Karen wants to focus on in the Fall. What's in store? Psychic Paw Readings, a Leashes & Lovers party, Crochet and Knitting Classes . . . check the site for exact events and dates.

Scout
627 East 6th Street * NYC
212 253-8987
www.scout-nyc.com



Ask The Trainer

By Stacy Alldredge, APDT



Q. My dog DOBIE is a 1 year old Doberman (female, spayed). I have trained her on my own and she's pretty tight at the hip, but off-leash

(even in the dog run) is another story. If she becomes fixated on a squirrel, she'll ignore my "come" command and jump the fence. With persistent calling she may come back to me but not always -- when she does, I give her a correction for not listening.

Signed,

Help -- no fence high enough

A. Dobie may have had a reliable come at one time, but now her come is not consistent. Come is an important part of basic obedience, and Dobie is not coming, so her basic

obedience needs a little work. The basic commands are heel, sit, come, down & stay.

A big part of the problem is that you are correcting her when she returns to you. When you correct on her return, you are teaching her that coming to you is a "bad" thing. Dogs always learn best through positive reinforcement. You want Dobie to want to come to you because coming to you is a great thing. You don't want her coming out of fear, and likely, she will not come consistently if fear is the motivator. Positive reinforcement is a much more reliable technique than punishment training, which is why all service dogs are trained through positive reinforcement.

I would do the following:

- Make sure she can do a long sit/stay; (you need her to stay before you call her to come)
- Make sure you call her often in the dog run and not just when she is stalking/staring at squirrels or when its time to leave

- Call her often & reward each time
- Work on come in your apartment
- Try taking her to other dog runs where she may be less likely to jump a fence
- Work on come outside of the dog run on a long line, 10-20 feet. (Call her to come when she is looking at a squirrel & then reward her for coming. The reward should be a treat or toy because I doubt praise will be enough at this time -- but it can be in the future.)

Lastly, be careful taking her to the dog run if she is jumping the fence. Make sure to do lots of practicing first! Good Luck, Stacy.

Stacy is available for group or private lessons. Call her at: 212 414-1551

www.whoswalkingwhodogtraining.com



 INTERVIEW | STACY ALLDREDGE

Good Clean Fun!

THE SCOOP: For years folks have known you as Stacy who taught dog training in Union Square but now you have your very own place. Where is it?

STACY: Yes, I have my own place, it is so great! I opened "The Dog Run" on January 1, 2004. We are located at 136 9th Avenue (between 18/19th street) in Chelsea.

THE SCOOP: What kind of training services do you offer:

We offer multiple training services beginning with **Puppy Play Class** were dogs less than 5 months learn to swim, sit, jump through hoops & play with other puppies. Next is **Basic Obedience** class for dogs just starting to learn. After that is **Intermediate Level I & II** and then we graduate all the way to **Advanced Obedience** for the well informed dog! For fun we have a **Tricks class** where they learn spin, rollover, crawl & play dead (and much more.)

THE SCOOP: In addition to group classes, you also offer individual training. Do you come right over to people's apartments? Yes! Private consultations cover everything

from house training and obedience, to the more serious behavioral problems such as fear, aggression, separation anxiety & OCD. We do work at the dog's apartment, but we can also meet at the park, on the street or wherever there are issues that need to be worked on.

THE SCOOP: I hear you have Manhattan's only official dog swimming pool. Can folks just come over for a swim any time?

We are the ONLY dog pool in NYC! The swimming is by appointment, but we have flexible hours; mornings, evenings and weekends so getting in the pool is very achievable. Also, on weekends we have **Open Swim** from 5-6 p.m. which is open to the public and inexpensively priced.

THE SCOOP: In addition to the free swims, what are therapeutic swims and hydro massage sessions?

The true purpose of the pool is therapeutic. Our **swim therapists** swim & massage dogs with all types of ailments; knee, hip & elbow surgery, hip dysplasia, paralysis, age related walking, obesity, etc. It is amazing to see how swim therapy can bring a dog back to health.

THE SCOOP: Can you tell our readers a little bit about your nutritional consultations and how we can improve our dog's diet?

I became a **canine nutritional consultant** years ago when I discovered the unsavory

ingredients and practices of dog food companies. Most dog foods are nutritionally poor. Improving a dog's diet is simple & logical if you just give your dog real food. Like humans, the more whole foods in the diet, the healthier the animal. I think the two main ingredients that most dogs are missing are real proteins and real vegetables -- so add them to every meal.

THE SCOOP: This place sounds great. Can I just drop my dog off for the day?

Yes, we don't use crates or cages. We offer **Active Daycare** so your dogs is free to roam around all day -- monitored of course -- play in the yard, splash in the pool, take a nap on a bed -- we even have a backyard so they can do their business outside!

The Dog Run
136 Ninth Avenue • NYC
212 414-2500